



Trekker Health Readings

(To be filled by the guide)

Trekker Name -

	Morning			Evening		
	OxySat	Pulse	LLSS	OxySat	Pulse	LLSS
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						

Fit to Summit?

(To be signed before starting the summit attempt)

(Signature of Trekker)

(Signature of Guide)



Lake Louise Scoring System (LLSS)

Please rate yourself on the questions below, daily, once in the morning and once in the evening.

Total the score for each of the five questions. Report this score to your guide. A total score of 3 to 5 indicates mild AMS. A score of 6 or more signifies severe AMS.

Q1. How severe is your headache?

- No headache = 0
- Mild headache = 1
- Moderate headache = 2
- Severe headache = 3

Q2. Are there any gastrointestinal symptoms?

- None = 0
- Poor appetite or nausea = 1
- Moderate nausea or vomiting = 2
- Severe nausea or vomiting = 3

Q3. Are you fatigued and do you feel weak?

- Not tired or weak = 0
- Mild fatigue/weakness = 1
- Moderate fatigue/weakness = 2
- Severe fatigue/weakness = 3

Q4. Are you feeling dizzy or lightheaded?

- Not dizzy = 0
- Mild dizziness = 1
- Moderate dizziness = 2
- Severe dizziness, incapacitating = 3

Q5. [Morning] Did you have difficulty sleeping last night?

- Slept as well as usual = 0
- Did not sleep as well as usual = 1
- Woke many times, poor sleep = 2
- Could not sleep at all = 3

Q5. [Evening] Ataxia (heel to toe walking)?

- No ataxia = 0
- Maneuvers to maintain balance = 1
- Steps off line = 2
- Falls down/Can't stand = 3